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1 st January	Closed

From 2nd January back to normal opening hours



NOTES FROM THE EDITOR

DECEMBER 24

Hi everyone and welcome to the December Festive edition of Telstar. It doesn't seem like 5 minutes since last Christmas, but I do love this time of year, seeing all the houses decorated, young children's excitement and carols in the church.

Now last month I mentioned that the Telstar team will be hosting our first Christmas Quiz, and said there would be extra points for Christmas Jumpers. Well following on from this, I was contacted by one of the village's long-standing residents, Glenda Wilmott, and the sharp eyed among you will notice that Glenda is mum to our brilliant garden



columnist, Paula. Anyhow Glenda told me about a quiz back in 2017 where they chose Christmas hats as a challenge, with the hats being preferably homemade. Glenda also provided this picture, which shows how inventive people can be. So, I have decided that there will be extra points for any type of Christmas attire, the more inventive the better, and there will be an editor's prize for the best. I really hope we can get the hall as full as it was back in 2017. If you haven't already booked a team, full details are on the back page. Just a reminder, there is no bingo in December, and the next bingo will be on Friday 31st January 2025.

Now some exciting news! We have been promising a recorded version of Telstar for some time, and I'm pleased to say that we have taken a massive step forward to achieve this. We trialled an abbreviated version for November, and I am hopeful to be able to produce something larger for the December / January edition. It can be accessed by going to the village website www.stowupland.com.

There will be no separate edition for January, and our next print edition will be February, and the deadline for articles is 7th January 2025.

I'm pleased to include a picture of representatives from our village and Old Newton presenting a cheque to St Elizabeth Hospice from the Walkers Cup. We really are going to have to have a concerted effort to win it back next year!

Lastly please don't forget the quarterly litter pick which takes place on Saturday 14th December. It'll be nice to have the village looking spruce for Christmas, and on behalf of myself and the Telstar team, we would like to wish you all a very Merry Christmas and a Happy New Year.



DISTRICT COUNCIL REPORT

NOVEMBER 2024

Stowmarket Town Centre regeneration

Further measures have been agreed by MSDC cabinet, in addition to the £1.5m fund already opened, for Stowmarket Town Centre. These include grants to improve the visible appearance of properties in the Town Centre and for research into the demand for, and viability of, hotel accommodation in the town. Once these initiatives take shape, MSDC will be active in liaising with other towns and parishes in Mid Suffolk to see how similar initiatives can support them.

Living Well in Winter Grant

The Living Well in Winter Grant Scheme was launched. It is aimed at supporting people to thrive over the winter months. The funding is targeted at helping community groups tackle issues prevalent in our communities over the winter months, and exacerbated by the cost of living crisis, such as increased social isolation and decreased physical activity. Up to £2,000 could be applied for, towards new and existing activities to be delivered between December 2024 and March 2025. The deadline for applications was 9th November 2024. Mid Suffolk District Council Funding - Mid Suffolk District Council - babergh.gov.uk / midsuffolk.gov.uk

Other winter support

The DWP has issued a reminder that eligible households can receive Cold Weather Payments when the temperature is, or is predicted to be, below zero for seven consecutive days.

Taxi bus

A new transport service “The Mid Suffolk Taxi Bus” – has just been launched. It will be delivered by Swift Taxi Cabs, with funding from a Mid Suffolk District Council Rural Transport Grant. The service will be introduced in phases and the route via Stowupland (TB 10 circular route via Debenham) will be in one of the later phases. Further details are available at [Stowmarket Circular via Debenham | Mid Suffolk Taxi Bus](#)

Locality Awards 2024/25

We still have funding available for Locality Awards for this year and look forward to receiving more applications from eligible groups within the Parish. <https://www.midsuffolk.gov.uk/web/mid-suffolk/w/locality-awards>

Cllr Rachel Eburne
Rachel.Eburne@midsuffolk.gov.uk
01449 673311

Cllr Janet Pearson
Janet.Pearson@midsuffolk.gov.uk
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PARISH COUNCIL REPORT

NOVEMBER 2024



The meeting opened with 5 members of the public, 8 Parish Councillors, MSDC Cllr Pearson and SCC Cllr Welham.

Council Report: Full District and County Councillor reports can be found elsewhere in Telstar. Cllr Welham advised that the County Council have launched two consultations on their website, one on the budget, which closes on 16th December, and one on over 16's school transport which may be very relevant to those who are having to or about to travel to sixth form college. The Council are also investigating flooding issues where five or more properties have been flooded inside. The report on flooding in Stowupland is due out before the end of 2026, but it is hoped that some work to protect properties will be completed before the publication of the report.

Cllr Pearson advised that the winter grant applications closed this week. The taxi bus for Stowupland will be in the second phase of the roll out.

Matters of Report: The defibrillators have been installed but are yet to be set up online. The installation of the equipment in the Play Park has been completed and looks very good. The contractors carrying out the tree work are due to start in December. The new finance software package is working, and Cllr Studd has completed his training.

Public Forum: One resident was unhappy about the proliferation of fly posting around the village and, as this is illegal, she is hoping that the PC will pursue the offenders. Another resident advised that the authorities do pursue offenders as he has been threatened with action against him in the past when complaints were made about a poster advertising music on the green. He also pointed out that when Thorney Green Road was closed for utility connections, traffic was getting round it by driving along the track behind the football pitch. He advised that 10 tonnes of type 1 was due to be delivered to fill all the holes on the track, the day following the PC meeting, so to be aware that a lorry would be blocking the track for a short while. Two other residents were present, following up their correspondence last month about promoting the start up of a book lending library in the village. This was discussed as an agenda item so see below for reaction.

Village Hall: Councillors agreed the £20 fee for the occupational licence for the play park and a further £20 for the licence for the community events cupboard.

Grass Cutting Tender: Councillors were advised that there had been no replies to the grass cutting tender and the council need to decide on

the next steps. It was decided that the main problem appears to be the various sites and landscape of the grass cutting requirements so it has been decided to split the tender into three separate sections, one would be the fortnightly cutting of the Green, one would be the cemetery and churchyard, and one would be the ditches and other small areas.

Lending Library: Councillors were asked to consider a location for the proposed lending library and a budget for the project. This is to be discussed further once suitable accommodation for the books can be found and the costs of possible renovations to the venues explored. The PC will be in touch with the proposers of the scheme once all this has been completed.

A1120 Scheme: Councillors decided that they need to see a plan for the scheme before financially supporting the A1120 scheme in front of The Crown. They have until March to come to a final decision following the breakdown in communication between Highways and MSDC which was discovered too late to sort out before the end of the last budget in October.

Tree Planting: Councillors agreed to the planting of a chestnut tree at the junction of Chestnut Close and Hornbeam Road and the necessary application to be made to SCC.

Sub-Committee Reports:

Biodiversity & Wildlife – Councillors agreed to the following proposals: the questionnaires to be distributed to residents which require a little modification and to promote the completion of the survey to consider offering a prize draw; a budget of £1050 for the year 2025/26 and the removal of a branch from a tree on The Green to encourage owls to use the owl box.

Finance and Policy – Councillors noted the receipts received and approved payments to be made and to join the SALC payroll service at a cost of £20 per month.

Planning – There were 3 new planning applications received this month: an extension in Highfield Road, a change of roof tiles in Columbyne Close and an erection of a new property in Maple Road. The PC decided to support one of these and to object to the other two. There were also three decisions made by MSDC to previous applications: erection of a new property in Columbyne Close and listed building consent for a heat source pump in Saxham Street, both of which were granted and one refusal to an extension in Thorney Green Road. They considered a response to the White Elm Solar Farm consultation and concluded that it was up to those who wished to do so.

Transport, Traffic and Safety – It was agreed to purchase a solar powered SID device to be placed on A1120 opposite Barn Cottages. Due to the siting of it, it would be hazardous to turn the device so it will be switched off for the requisite time and remain facing the same way.

Trim Trail – Councillors noted the report from the Trim Trail working group and for the group to review the project in light of some very negative comments made by two residents to the PC. This was very disappointing for the outgoing Clerk who had worked so hard on the whole project. The working group will discuss this further and report back to PC who will clarify the legal position.

Councillors' Reports: Cllr Easter reported that, amongst the equipment stolen during the recent break in at the Bowls Club was the mower that the PC had contributed towards. Cllr Johnson advised that a new resident to the village had complained about the state of the ditch alongside Thorney Green Road. This will be forwarded to Linden Homes. Cllr Power feels that the main road through Trinity Meadows would benefit from some speed bumps to slow the traffic down on the straight stretches. PC would need to investigate whether SCC have adopted the road yet. Cllr Murton reported that the fish shop open sign is not being taken down when the shop is closed as it was with the last owner.

Cllr Voden reported that Cllr Welham and himself had attended the Stowmarket Mayor's civic celebration at the John Peel Centre recently which was different as it concentrated on diversity.

Cllr Bridges reported that garden equipment had been moved around and some items removed from the allotments and for allotment holders to remain vigilant and to report any suspicious activity.

Correspondence: Amongst this month's correspondence was an email about the state of the path alongside Chapel Lane which needs to be cut back regularly. There have also been complaints about the transparency of reporting of Council minutes on the parish council website and redundant folders which require a full audit; also, the siting of the SID device on The Green which is causing light pollution into a property and the lack of the right tree being planted in the right place on The Green.

The meeting closed to the public at 8.50pm.





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COUNTY COUNCILLOR'S REPORT

NOVEMBER 2024

This is my last report for 2024, so I'd like to wish all readers a Happy Christmas and a healthy and peaceful 2025.

Protection from Flooding

Suffolk County Council have announced an extra £1.5m of funding to deliver the first phase of works identified in the flood investigations following Storm Babet. The council is also writing to the government requesting £20m for flood protection to help prevent future flooding in the county, as it is likely extreme weather will become more frequent due to the effects of climate change.

SCC have agreed to make a £2m financial contribution towards the cost of flood protection at Benacre, south of Lowestoft. It was predicted that without the new measures, the A12 would be flooding at that location at nearly every high tide within a couple of years. The Environment Agency are also committing over £30m to the scheme, and Sizewell C agreed to make up the rest: the total cost of the works is £59m. My group raised concerns about other areas of flooding along the coast and whether the council had a strategy for dealing with the problems caused by coastal erosion and climate change, or a list of priorities when it comes to protecting local infrastructure.

The October Scrutiny Committee meeting received a report on highways flooding and the responsibilities held by the council, water companies and the Environment Agency. Suffolk County Council is the lead flood authority for Suffolk and, although it has responsibility for surface water flooding, it does not have the capacity to deal with every flooding issue and has to prioritise its response. Priority is given to works to address internal flooding to five or more properties, repeated flooding of a single property or flooding to major infrastructure for 10 hours or more.

If you have a stream or watercourse on your land, you have responsibilities to mitigate against flooding. You can find information about this in the council's guide to riparian ownership: <https://www.suffolk.gov.uk/roads-and-transport/flooding-and-drainage/maintenance-of-ditches-and-other-watercourses/riparian-ownership-in-suffolk>

Pavement safety and preventing trips and falls

At Council on 17 October my group brought forward a motion calling on the council to review its priorities for repairing pavement defects. Currently, if there is a difference in the surface level of the footway of 20mm or more, this will be repaired. Our motion proposed that in areas of high footfall or where a trip or fall had been recorded, this threshold should be reduced. Most members of the public who trip or fall are over 65, and in areas outside GP surgeries or opticians it would make sense for the repair policy to be more flexible. The administration at the council voted down our motion but reported that a review of their highways processes will, in any case, be undertaken. Councillors from my group will taking part in the review to try and ensure that footways and other areas used by pedestrians, wheelchairs and cycles are made safer.

Cuts to Winter Fuel Payment

At the same meeting, it was agreed that council would write to the government and ask them to reverse the decision they have made to cut the eligibility for the winter fuel payment for pensioners.

It is estimated that thousands of pensioners in the county are affected by this cut.

Introduction of Warm Homes Suffolk Loans

Council has announced a new £3m fund for interest-free loans to residents wishing to undertake energy efficiency upgrades such as insulation, solar panels, batteries, glazing, or heat pumps. The loans (up to £15,000) are to be repaid over a maximum of seven years at 0% interest. The scheme is open to homeowners across Suffolk; you can register your interest now at <https://www.lendology.org.uk/warm-home-suffolk-loan>. My group are obviously in favour of retrofitting homes to make them more energy efficient. It is disappointing that the council will be returning £5m to the government in March which they failed to allocate from the previous retrofitting scheme.

Please find out more on the website and urge people to apply if they are eligible - to make sure we are reducing as many energy bills as possible across the county.

Improving Access to GPs

At the October Health Scrutiny meeting, members heard from the NHS Integrated Care Boards (ICBs) about what they were doing to improve access to GPs in the county. Low numbers of GPs and a high demand for appointments has caused problems recently with many people unable to make appointments to see their doctors. The committee heard how practices were switching to cloud-based telephony to decrease the reliance on a limited number of phone lines (which contributes to the chaos of the 8am rush for appointments each morning), and digital booking so that AI can prioritise the urgency of appointments based on symptoms. However, it should still be possible to book appointments by phone and in person if patients are unable to book online. The ICBs are also making an effort to train GPs and other practice medical staff locally as this means they are more likely to stay in the area. Some services, like blood pressure checks and contraception, can now be accessed at pharmacies. Members of the committee expressed concern that community pharmacies are under pressure currently, and also that GP surgery buildings were in a poor state, with some plans for new surgeries abandoned due to cost. It was agreed that the physical buildings of the NHS - their 'estate' - would be looked at by Health Scrutiny committee at a later date.

Extension of the North Falls Windfarm

Cabinet in October considered the council's response to the proposed wind farm extension at North Falls. This will be off the coast of Essex with no onshore infrastructure in Suffolk, although it still has the potential to affect transport routes, Suffolk ports and the local workforce. It will be visible from Suffolk but the impact of this has been judged as less than significant. The connection for this scheme to the National Grid is planned to be at Lawford, which will only be possible if the planned Norwich to Tilbury grid reinforcement goes ahead. My group pointed out that consent should not be granted for schemes that depended on other projects which were not yet approved, but it was explained that this was not unusual for the National Grid, which often granted grid connections for projects where there was no guarantee they would proceed.

Suffolk Local Transport Plan

A newly developed plan which details the long-term vision for transport in Suffolk has been launched for public consultation. Local communities helped shape a new draft of the Suffolk Local Transport Plan by sharing their views back in February of this year and the council is now asking for feedback on the final proposed document.

The plan details activity between 2025-2040 and sets out a long-term vision for transport in Suffolk, including decarbonisation of transport, strengthening the local economy, promoting health, wellbeing and social inclusion, and creating better-connected places that encourage a range of transport choices.

The council has also produced fifteen 'Area Transport Plans' and a 'Suffolk Local Cycling and Walking Infrastructure Plan' which are the implementation plans for the wider Suffolk Local Transport Plan. These plans outline how the Local Transport Plan's vision and objectives will be delivered in key locations across the county. One of these plans is for Stowmarket and makes reference to transport links with Stowupland. Information is available via www.suffolk.gov.uk/LTP. The Local Transport Plan and its associated plans will then be presented to Suffolk County Council Cabinet in 2025.

Public Consultations

Suffolk County have launched two other consultations on their website: one seeks comments on spending priorities for the 2025/26 budget; the other seeks views on Post 16 school transport.

Flooding Investigations

SCC are investigating the cause of flooding in communities where five or more properties experienced internal flooding. Stowupland is one of the parishes on the list for investigations and it is anticipated that the investigation will be complete by the end of 2026. Meanwhile, owners of properties which have flooded have been able to apply for grants to provide protection, and some works have been carried out.

Local Highways Issues

A1120 junction with high school access – this scheme has been prepared by SCC Highways and is estimated to cost up to £30k, including traffic orders for parking restrictions. Officers will be making a bid to MSDC for some funding from CIL but there will be a shortfall. If the Parish Council are prepared to contribute up to £15k from Parish CIL funds, the bid to MSDC is likely to be more favourably received and the works carried out in a timelier fashion.

Temporary Closure of Thorney Green Road for Anglian Water works – there was inadequate signing of the diversion route which resulted in vehicles using the private track around The Green. I have taken this up with SCC and Anglian Water.

A1120/B1115 roundabout - I am still waiting for details of the design of the roundabout.

Safer Route between The Green and High School Car Park - works were completed over half-term.

Useful websites

Cost of Living help and advice:

<https://infolink.suffolk.gov.uk/kb5/suffolk/infolink/family.page?familychannel=6>

Benefits advice and support:

<https://infolink.suffolk.gov.uk/kb5/suffolk/infolink/adult.page?adultchannel=0>

Keith.Welham@suffolk.gov.uk

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A MESSAGE FROM YOUR MP

ADRIAN RAMSAY

When I marked my first 100 days as an MP in early October, it was a chance to reflect on the changes I wanted to make as an MP and the issues I am raising in Parliament. The more correspondence I get from constituents, the more I recognise the level of need, whether it's the lack of affordable housing and public transport or the difficulty of accessing NHS services.

I've been able to raise many of these issues in Parliament including at Prime Minister's Questions, bringing Waveney Valley's voice to Westminster. I've spoken in debates on NHS dentistry, the state of our rivers, the need for all new homes to be energy-efficient and the lack of adequate provision for SEND children and their families. That's just for starters.

Every day I spend in the constituency reminds me what a privilege it is to represent the people of Waveney Valley. There is fantastic work going on, from nature conservation and restoration schemes to projects helping people who are struggling to work or promoting our fantastic market towns. Every group I talk to leaves me inspired by the changes people are bringing about in their own communities. We can achieve so much when we work together.

I wish you all a happy Christmas and the very best for 2025.

Adrian



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COUNTRYSIDE RAMBLER

BRIAN WARD

There is a distinct chill in the air in the early mornings and evenings. As we approach Christmas, I think winter starts to settle in with frosty mornings and cold northerly winds. October was a mild month and some of our trees were reluctant to shed their leaves, but shed they eventually did and what colour they were. Some trees are more spectacular than others; I think the two most yellow ones are the larch and field maple, the most orange or rust is the beech. The sycamore seems to change through all these colours, as does the London Plane tree.

The hibernating mammals are all tucked up in their winter quarters; the dormouse is in a cosy nest box or hollow tree stump and will sustain itself on the fat reserves it has built up during the autumn. These charming little mammals may be in hibernation for up to six months. The hedgehog will hibernate for the coldest months of winter, building a nest of grasses and leaves, often at the base of a bramble patch or, if in an urban habitat, under a shed or other structure. Hedgehogs also rely on body fat to help them survive the winter and many young hedgehogs will die due to starvation if they were born late in the year and were unable to put on enough fat reserves to survive the hibernation period. The other animals that hibernate are the bats, reptiles and amphibians.

I start feeding the birds in October or early November time, although there is still plenty of wild seed available in the countryside. I will put out food to encourage them into the garden for our enjoyment. It can be satisfying to see how many birds attend the feeders and what species are present. The numbers of birds can then indicate whether they have had a good breeding season locally.

I hope you all enjoy the Christmas festivities, and I wish you all a very happy new year.



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If any individual, school, church or business would like to become a collection point for the Eco Future Group in Stowupland please contact Stowmarket Eco Future Group directly. Contact details can be found in their article.

Please don't leave your recycling on the editor's doorstep as I'm unable to help with this.

Ed.

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RAMBLINGS FROM THE POTTING SHED

PAULA WILLMOT

December is probably the one time most of us take a break from our gardens, and rightly so. Its cold, wet and miserable! It also feels like our seasonal weather is gradually fading and the weather feels a lot warmer than it did 30 years ago. I do remember walking home from Stowupland Primary school for the Christmas break in the 70's, knee deep in snow. The earth is definitely warmer, and freak weather feels more common although, I will say, the prevalence of social media means we hear about catastrophic weather events within seconds. A hundred years ago, we would have not heard about global weather events for weeks, if not months.

December tasks in the meadow garden are as follows:

- Create a stick and compost area in the garden for small creatures and insects. It also allows you to pop your border clear ups onto a pile without using your brown bin.
- If your dahlias are in boggy parts of the garden, probably worth digging them up. Mine are in a raised bed so I will be leaving them be.
- Keep planting out bulbs. Post Christmas lots of garden centres pop bulbs in their sales bins. You can definitely still plant these out so take advantage of these offers.
- As we seem to be having milder weather, there is no harm in planting broad beans in a dry sunny spot, however, do cover with fleece if frost is predicted.
- If we get a warmish day, jet wash garden furniture, pots, old sinks and any pots that remain unused. These will then be ready for Spring planting.
- Keep misting houseplants. They do tend to dry, and the leaves turn crispy in centrally heated homes.
- Start thinking about where you will put your Christmas tree once the festive season has passed. The local recycling centre will take them in the compost area. However, you can also cut up the tree into small pieces and use in your own compost bins.
- I will be cutting my grass again once more before the end of the year. I will wait for a dry, windy day and set the blade high, just to keep it neat and tidy.

In the absence of colour and glorious planting in our own gardens, RHS Garden Hyde Hall may be worth a visit just outside Chelmsford. There are swathes of ornamental grasses and some fabulous structural trees. It's a tranquil garden where you can sit amongst nature and enjoy planting and colour. As you know, I am always influenced by a decent cheese scone and the café and gift shop here are excellent. Their website is: hydehall@rhs.org.uk.

Well, that's it for this month. I hope you all have a safe and happy festive season and are looking forward to new plantings and garden schemes in 2025. Happy Gardening.

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Collection of hard to recycle items - NO THURSDAY MARKET COLLECTION in DECEMBER

We will be back for our normal Market place collection on 4th Thursday January 23rd 2025 (NB this is not the last Thursday of the month) 9:30 to 11.30 am. We collect coffee pods, clean pet food pouches, cheese wrappers and nets, pens, flattened crisp packets, (all count as “soft plastic”), make up packaging , toothbrushes and pringles tubes, also clean and flattened tetra packs – see our website for details.

2nd Sunday each month (8th December and 12th January) at Red Gables 2-4 pm plus REPAIR CAFÉ stowrepaircafe@gmail.com

I learned a new word this week from a team involved in improving the accuracy of artificial intelligence (AI) – *monosynchronicity*. The word doesn't matter but the idea does. AI will give you an answer to your question, and what they are trying to do is to identify the word in the question that will lead to an answer that is “more caring.” What is the key word that will lead to a better outcome?

I've just finished reading a book, *Going Zero*, by journalist Katie Hughes – it's the story of one family's change to zero waste. The thing that changed them was an incident where an outdoor bean bag chair burst its cover and flooded their garden with tiny polystyrene balls which were impossible to clear up. It was a total wake-up call and led to dramatic changes in their lifestyle, starting with a ban on plastics in their home.

Recent climate events have included floods in Central Europe, Bangladesh, Valencia in Spain and hurricanes Helene and Milton in Florida. The pictures we have seen on our screens have shown unbelievable devastation, with millions more people directly impacted by climate change.

So, what is the wake up call for each one of us? What is the key word or event that will lead to actions and changes in our own behaviour? Our climate has changed, and those changes need to be reversed. Plastics thrown away have led to micro plastics being present in water sources and in soil - things that we depend on for life. Loss of nature – plants, animals and insects – is happening faster than ever before and threatening our own survival. None of this is good news and “eco groups” are often criticised for being alarmist, but we are just the messengers, the facts speak for themselves. Big changes need to be made in human behaviour, and fast. As we come to the season of New Year Resolutions, let us all think hard about the scale of the changes needed and what we can do to play our part. Stowmarket Eco Future Group exists to encourage, inform, and take actions together. There are tough changes to be made, but they are better in company.

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Please contact: Sally Wray by
adverts.telstar@hotmail.co.uk

Everywhere I look I see adverts for upcoming sales - Black Friday and Cyber Monday 'deals' are jumping out at me from all directions. Some of the prices seem too good to be true - how can I be sure I really am getting a good deal and not being scammed?



Mid Suffolk

You're not the only one eager to bag a bargain. The busiest shopping time of the year is also a busy time for cyber criminals who use the spike in spending to disguise their scams as legitimate shopping sites.

Fraudsters are also taking advantage of AI advances to help them produce accurate and professional-looking content to trick victims into giving away their financial details.

It sounds like you're aware there are risks when buying online and that scammers will try to tempt consumers with special offers, fake reviews and sought-after items at rock bottom prices. The good news is there are ways you can protect yourself and shop safely.

Here are five tips to make sure you don't end up with more, or less, than you bargained for during this busy shopping season.

- Make sure you don't feel rushed. Scammers will often create a sense of urgency by claiming it's a limited offer or price which encourages you to act without taking as much time to consider the purchase.
- Know who you are buying from – if buying from a company you have not used before, check reviews and previous customers' feedback. If in doubt, don't buy.
- Be wary of suspicious web links. These may direct you to fake (but realistic-looking) websites. It is better to type in the website address yourself.
- Don't share any one-time codes that you're sent when shopping online. These codes are used to confirm that you're the one making the purchase, so don't share them with anyone.
- Avoid paying anyone you don't know by bank transfer. Paying by credit card for single items costing £100 and over gives you legal protection if the goods do not arrive, are faulty, or do not match the description. Paying by credit or with debit card for orders costing less than £100 also gives you protection using your card provider's voluntary 'Chargeback' scheme.

If you're worried that something you've seen online might be a scam, you can contact the Citizens Advice Consumer line by calling 0808 223 1133 or visit <https://www.citizensadvice.org.uk/consumer> for more information.

The festive season can be a financially challenging time, and often borrowing money or using a credit card to fund Christmas can seem like your only option. But there are steps you can take to keep your spending under control and avoid falling into debt.

The first thing to do is make a budget and stick to it.

Consider who you're buying gifts for, what other seasonal expenses you have, and how much you can realistically afford to spend. Always keep receipts, or ask for gift receipts, in case you overspend and need to return something. And remember that household bills may be higher during this period due to colder weather and spending more time indoors.

If you've built up debt, please don't ignore bills or letters. Speak to the organisation you owe money to, as they may let you pay smaller amounts.

Pay 'priority debts' first, like rent, mortgage arrears, council tax, and energy bills. For other types of debt like credit cards or loans, gather all the information on what you owe, create a budget and contact your creditors to set up an affordable repayment plan. This might seem scary, but it's an important first step.

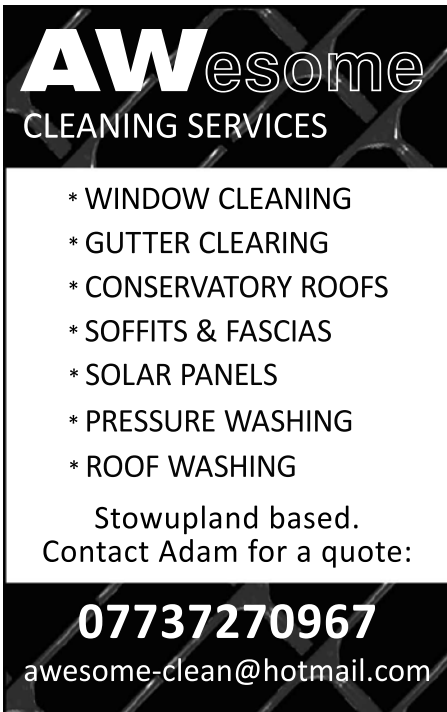
If your budget just doesn't add up and you need help to afford essentials like bills and food, see what cost of living support is available on the Citizens Advice website.

It's especially important to check if you're eligible for the Winter Fuel Payment, which will now only be paid to those who receive Pension Credit or other means-tested benefits. If you make a claim for Pension Credit by 21 December, you might still receive the Winter Fuel Payment.

If you do find yourself struggling financially during or after the holidays, don't panic. Support is out there, and Citizens Advice can help you understand what's available. We're here to help you find a way forward.

Citizens Advice Mid Suffolk can provide in depth advice on this issue and much more, including debt, finances, employment, benefits and family/relationships. You can contact them by phone on 01449 676060, visit in person at Milton House, 5 Milton Road South, Stowmarket IP14 1EZ or use the contact form at midsuffolkcab.org.uk/contact-us. Opening hours are Monday-Thursday 9.30am – 3.30pm and Friday 9.30am – 12.30pm.

Our office will be closed between 24th and 27th December and the 1st January. Our Eye and Needham Market outreach services will also not be available on Friday 20th and Friday 27th December.

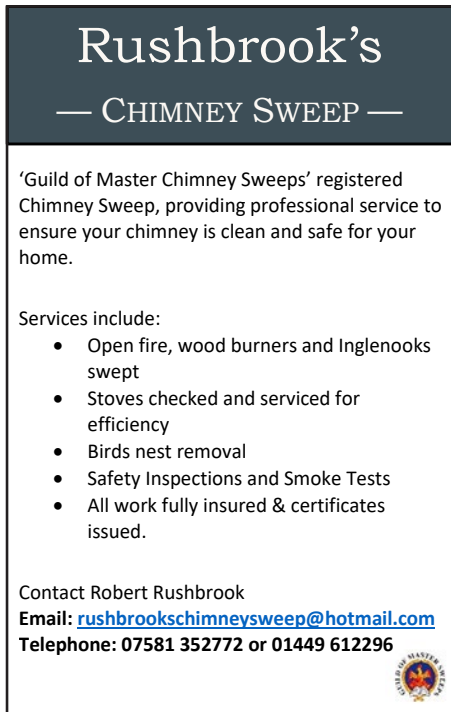


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JUBILEE LADIES CHOIR

We have a busy month!!

December 4th at 2.30 pm at Needham Market Community Centre, our Christmas Concert on December 7th at 7.30 pm in conjunction with Stowmarket U R C. December 10th at 2:30 pm at Bupa Care Home Stowmarket. The date for Finborough Care Home is still to be confirmed. As you can imagine, we don't have time for our Christmas get together until after Christmas, in January!!!

We are about 40 women who like to sing and socialise and are always pleased to welcome new members. No age barrier, young or mature, no auditions. Ability to read music is helpful but not essential, those of us who don't are helped by those that do. Music and concert uniform provided.

We practice in the United Reform Church in Stowmarket as the acoustics there are excellent, 7.30 pm on Tuesdays with breaks for school holidays.

Our conductor and accompanist are both professional people who encourage us to be the best we can be.

Come along to a practice or one of our concerts to see if it might be for you.

Further details from Di Balaam on 01449 736374 or Avril 01449 798365

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Saturday

9.00am – 12noon





Scouts

1st & 3rd Stowmarket (Phoenix) Scouts Christmas Post Service

Let us deliver your Christmas cards in
Stowmarket (Inc Combs Ford) PLUS Stowupland and Onehouse.
You will be saving money and supporting your local youth.

Post your cards together with just **40p per card** into one of our collection boxes and we will make sure they are delivered in time for Christmas. For many reasons, please avoid packaging for the cards and money. **Loose Is Best!**

You can find our post boxes from Friday 15th Nov 24 at:
"Stowmarket Library"

"StowHealth" and "Combs Ford Surgery"

"Mid Suffolk Leisure Centre"

"M&M Butchers (Stowupland)"

"ZarKeys (Meadow Centre)"

"Baldwins" "Tesco"

"Co-operative (Combs Ford)"



Last date for posting is Monday 16th Dec 24

Please remember to fully address your cards. **We will not deliver to addresses outside the areas indicated above.**

For more details of our service, or if you would like us to collect cards specifically from your organisation, please contact:

Dave Newbery on 07889 137783

Community

BINGO

NIGHT

All Cash Prizes

FRIDAY 31st January

STOWUPLAND VILLAGE HALL

Doors open 7.00 pm; Eyes down 7.30 pm

Everyone Welcome

(over 18's only)

Bring your own drink and nibbles

STOWUPLAND BOWLS CLUB

JOHN MOLLETT

We had a wonderful evening for our presentation and dinner. It was great to see Frank Boxall presenting prizes to the winners and runners up. Many congratulations to all but we must not forget all who took part to make the competitions possible. The food was excellent and the company most enjoyable. Many thanks to all who made it possible.

By now many will have heard of the theft of all our machinery. It is a terrible blow to all of us. The committee will explore the way forward and more will be said at the AGM. In the meantime, work at the club goes on with hedge cutting as an example.

Despite this setback, the club can look forward to the new season with confidence.

Best wishes for Christmas and the New Year.

SOAP Club



Calling all over 60's

Come along to meet old friends, new friends and enjoy a morning of company, activities & good cake in a welcoming social environment.

Our next event is

Wednesday 11 December 2024, 10:00 - 12:00

at Stowupland Sports and Social Club.

Please do join us.



If you would like any further information, please do email paulamurton@stowuplandpc.co.uk or call 01449 677005

VILLAGE WALK

Please join Jane and Dan for a village walk, hopefully around the fields, on

Saturday, December 28th at 10.30

followed by refreshments

The walk will leave from "Crowstone" drive (two doors away from the Co-op garage) at 10.30 and will last about an hour. If you are unable to walk, please come to the house to socialise and meet others from the village. There will be refreshments from 11.00 onwards. Bring your family and friends to blow away some cobwebs!

Donations for **EACH** will be gratefully received.



Starting
8th January
2025

Baby & Toddler **Group**

£3.00 a week

or

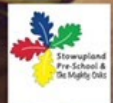
Book 6 weeks for £15!

Every Wednesday!

9.30am – 11.15am

Stowupland Village Hall

info@stowuplandpreschool.org.uk



IMPORTANT CONTACTS

Citizens Advice

www.midsuffolkcab.org.uk - 01449 676060
or 01449 676280 - 5 Milton Road South,
Stowmarket, IP14 1EZ

Doctor

Emergency - 999
NHS Direct - 111
Combs Ford - 01449 678333
Stowhealth - 01449 776000

Emergency Numbers

Power Cut - 0800 31 63 105
Gas Leak - 0800 111 999
Water Leak - 0800 771 881

Good Neighbour Scheme

HELPLINE: 07591 539621

Member of Parliament

Adrian Ramsay – Green Party

email: adrian@waveneyvalley.greenparty.org.uk.
Telephone: 07534 933356.

Mid Suffolk District Council

www.midsuffolk.gov.uk

Janet Pearson - janet.pearson@midsuffolk.gov.uk
07928 512592

Rachel Eburne - rachel.eburne@midsuffolk.gov.uk -
01449 673311

Police

<http://www.suffolk.police.uk/contact-us>
<https://www.suffolk.police.uk/advice>

Samaritans – 116 123

Stowupland Village Website

www.stowupland.com

Parish Council Website

www.stowupland.suffolk.cloud

Suffolk County Council

www.suffolk.gov.uk 01449 673185
Keith Welham - Keith.Welham@suffolk.gov.uk
SCC - General Contact No. 0345 606 6067

Schools

Stowupland High School -
www.stowuplandhighschool.co.uk - 01449 674827
Freeman Community Primary School -
www.freeman.suffolk.sch.uk - 01449 612067

Vets

Cedarwood - 01449 676966
Stowe Vets - 01449 613130

DIARY DATES

If you know of any events happening in the village that I may not have picked up on please do get in touch by 7th of the month at stowman@stowman.plus.com or 01449 616275.

Please note – Diary Dates lists community events in Stowupland, for advertising all commercial events please contact Sally Wray adverts.telstar@hotmail.co.uk

DECEMBER

TUES 3	16:00 Village Hall	Young Carers
WED 4	14:30 various locations	Book Group (contact 01449 67127 for details)
WED 4	14:00-16:00 Village Hall Car Pk.	Mobile Post Office
WED 4	19:30 Village Hall	Local History Group – “Stowupland Pubs, Past & Present”
THURS 5	19:00 Village Hall	Short mat bowls
THURS 5	19:30 URC Hall	Parish Council meeting
SUN 8	19:30 Village Hall	Country & Western music club
WED 11	14:00-16:00 Village Hall Car Pk.	Mobile Post Office
THURS 12	19:00 Village Hall	Short mat bowls
FRI 13	19:30 Village Hall	Community Christmas Quiz
SAT 14	10:00 Village Hall	Community Litter Pick
SUN 15	19:30 Village Hall	Country & Western music club
WED 18	14:00-16:00 Village Hall Car Pk.	Mobile Post Office
THURS 19	19:00 Village Hall	Short mat bowls
SUN 22	19:30 Village Hall	Country & Western music club

JANUARY

WED 1	14:00-16:00 Village Hall Car Pk.	Mobile Post Office
WED 1	14.30 various locations	Book Group (contact 01449 67127 for details)
THURS 2	19:00 Village Hall	Short mat bowls
THURS 2	19:30 URC Hall	Parish Council meeting
TUES 7	16.00 Village Hall	Young Carers Club
WED 8	14:00-16:00 Village Hall Car Pk.	Mobile Post Office
WED	09:30 Village Hall	Baby and Toddler Group
THURS 9	19:00 Village Hall	Short mat bowls
SUN 12	19:30 Village Hall	Country & Western music club
WED 15	09:30 Village Hall	Baby and Toddler Group
WED 15	14:00-16:00 Village Hall Car Pk.	Mobile Post Office
THURS 16	19:00 Village Hall	Short mat bowls
SAT 18	10.00 – 12.00 Church Hall	Coffee, Cake & Chat
SUN 19	19:30 Village Hall	Country & Western music club
TUES 21	9:30 – 9:50 Jubilee Court	Mobile Library
TUES 21	9:55am – 10:15am	The Green
WED 22	09:30 Village Hall	Baby and Toddler Group
WED 22	14:00-16:00 Village Hall Car Pk.	Mobile Post Office
THURS 23	19:00 Village Hall	Short mat bowls
SUN 26	19:30 Village Hall	Country & Western music club
WED 29	09:30 Village Hall	Baby and Toddler Group
WED 29	14:00-16:00 Village Hall Car Pk.	Mobile Post Office
THURS 30	19:00 Village Hall	Short mat bowls
FRI 31	10.00 URC Chapel	Coffee Morning
FRI 31	19:30 Village Hall	Community Bingo

MSDC General Contact No. 0300 1234000

Mobile Library - 07721 879855

Parish Council

Donna Bridges - Chairman - 07736 348335
domnabridges@stowuplandpc.co.uk

Laura Beeson - 07918 808387

laurabeeson@stowuplandpc.co.uk

Terry Easter - 07958906176

Terry.easter@stowuplandpc.co.uk

Laura Johnson - 07826 851030

laurajohnson@stowuplandpc.co.uk

Debra Melhuish -07979125904

debramelhuish@stowuplandpc.co.uk

Paula Murton - 07906 677817

paulamurton@stowuplandpc.co.uk

Hayden Power - 07716 834111

haydenpower@stowuplandpc.co.uk

Ray Studd - 01449 676606

raystudd@stowuplandpc.co.uk

Jerry Voden - 01449 703717

jerryvoden@stowuplandpc.co.uk

Clerk to the Parish Council - Rachel Belcher-Nairn
parishclerk@stowuplandpc.co.uk - 07704 701095

*Parish Council Minutes of meetings and agendas
are available on the Parish Council Website
www.stowupland.suffolk.cloud*

Village Hall Bookings

Lisa Tunbridge - Phone - 07515859337
stowuplandvillagehallbookings@gmail.com

Village Clubs

Book Group - Patricia Hodgkins - 01449 672127

Stowupland Bowls Club - Graham Newman - 01359
240846

Community Events - Keith Welham - 01449 673185

Country and Western - Pat Murphy - 01449 677405

Local History Group - Jerry Voden - 07951 086383

Short Mat Bowls - Pam Fayers - 07713026696

Sports and Social Club - Mark Dye - 07799 662491

Stowupland Cricket Club
www.stowuplandcricketclub.co.uk/

Stowupland Falcons Football Club -
stowuplandfalconsfc.co.uk

Stowupland Sports Centre -
info@stowuplandssportscentre.co.uk - 01449 672531

Stowupland Wildflower & Biodiversity Group -
Keith Welham - 01449 673185

Stowmarket Wildlife Group - Heather Salmon
-heathersalmon50@gmail.com - 07722 871205

AN EASY TO RHYME POEM USING HOMOPHONES (SAME SOUND).

A moral dilemma! Is using homophones in rhyming poetry cheating or clever?
Discuss.

Do you remember homophones?
You knew your there from their.
Were your spellings accurate?
O did you just not care?

Were you attentive at your school?
Did spelling rules pass you by?
Or did you set out for the shops?
A dictionary to buy.

On holiday in the mountains,
An echo you might hear.
One with local knowledge says,
"You must stand over here."

It's amazing how many numbers
Are homophones. Take a four.
Other numbers fit the bill,
And they're worth looking for.

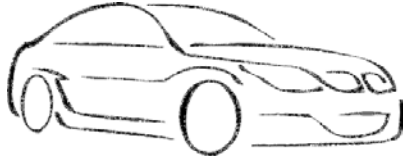
With D.I.Y. some tools you'd use.
Like working with a saw.
If you're not being careful,
Your finger might get sore.

To keep your home secure,
You lock it with a key.
And if you own a boat.
It's safe within the quay.

At the seaside, yes, it's lovely.
Resorts , some have a pier.
People go to have a fish.
Whilst others go to peer.

A colour can mean a different thing.
Let's take the colour red.
It ties in with this poem,
The poem you've just read.

The Really Lovely Poetry Company .R.R.G.



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info@fastteststowmarket.co.uk

Unit 4, Tomo Business Park, Tomo Road, Stowmarket, IP14 5EP

www.fastteststowmarket.com

UPWARDLY MOBILE!

Look out for the mobile library in Stowupland.

Did you know that the mobile library, run by Suffolk Libraries, visits Stowupland every four weeks? You may have seen it passing through the area but may not realise how easy it is to access and use the service.

The mobile library stops at Jubilee Court 9:30am – 9:50am and The Green 9:55am – 10:15am every four weeks and will next be visiting on 21st January, 2025. Timetables for 2025 will be available on board and on our website soon.

If you've not already got a library card it's free and easy to get one and you can join Suffolk Libraries next time it visits. You can borrow 20 items for eight weeks at a time and if you're worried you won't find something you like on board, the mobile library manager can help you reserve something from the entire Suffolk Libraries catalogue to collect next time it visits! So, you can pick from nearly a million items, and you're not restricted to what's on board! The mobile vehicles also have lifts to help those with mobility issues to get on board.

For more information go to suffolklibraries.co.uk and check out the Visit pages or contact our customer service team at help@suffolklibraries.co.uk or by calling 01473 351249 between 9am and 5pm from Monday to Friday.

Please do check us out and come aboard next time we're in your area!

Stowupland Village Hall **Excellent facilities - competitive prices**



Our Village Hall is just the place for clubs and groups to meet or for special functions, such as parties, receptions and exhibitions.

There is one large room suitable for 140-260 people depending on the event. A small one seats up to 20 people. There is a well equipped kitchen, and a licensed bar, plus an audio-visual system and Wi-Fi. There is ample car parking and an outdoor children's play area.

Interested? Look on our website at <https://hallbookingonline.com/Stowupland>

Or contact Lisa Tunbridge our booking secretary

Tel: 07515 859337 email: stowuplandvillagehallbookings@gmail.com

Three new peafowl gifted to the Food Museum from Jimmy's Farm



The Food Museum in Stowmarket, Suffolk is excited to have been gifted three majestic peacock chicks from their friends at Jimmy's Farm & Wildlife Park, Suffolk.

The chicks came to the museum at the beginning of October and are settling in next to their new neighbours, the museum's Bantam hens, in the Food Museum's farm area. The museum team hopes to see the peafowl enjoying the back lawn of the Queen Anne era Abbot's Hall on the 84-acre estate in the future as they grow.

Samantha Prince, Deputy Director at the Food Museum, said: "We want to give huge thanks to Jimmy and Stevie, Park Director at Jimmy's Farm & Wildlife Park, for allowing these little beauties to come and join us here at the Food Museum. We can't wait for visitors to meet them!"

Peafowl play an important part in the culinary heritage of the UK and the birds' arrival at the Food Museum will help to tell the story. Peacocks were kept at country houses in England from the Middle Ages, with roast peacock or peacock pie being a popular Christmas treat. The birds were served on elaborate displays of their own feathers creating a magnificent feast centrepiece, despite reports that the meat was not particularly tasty.

Stevie Sheppard, Park Director, said: "Jimmy's Farm & Wildlife Park are thrilled to have donated peacocks to the Food Museum, especially as peacock was once considered the traditional Christmas dinner. We're excited to see these beautiful birds grow and thrive at the museum, while also helping to highlight their historical significance."

Visitors can see the peafowl as part of admission, along with the museum's collection of animals telling the story of food and farming in the region, including the Suffolk Trinity of Suffolk sheep, Redpoll cattle and Suffolk Punch horses.

Interactive performances of A Christmas Carol bring festive magic to the Food Museum, Stowmarket

The Food Museum in Stowmarket is thrilled to host a series of immersive, interactive performances of *A Christmas Carol* by Magic Floor Productions this December! Experience the classic tale as never before as you join Ebenezer Scrooge's journey through the past, present and future against the historic backdrop of the museum

The promenade performances will immerse audiences in Victorian England, complete with costumed actors that weave through the museum's beautiful grounds and bring the festive story to life. Along the way, visitors can enjoy seasonal treats like mulled wine and mince pies, capturing the spirit of Dickens' Christmas through delicious food made on-site.

Magic Floor Productions is known for their engaging performances, with last year's performances at the Food Museum selling out. **Standard performances will run on Friday 13 December at 8pm; Saturday 14 December at 2:30, 4, and 6pm; Friday 20 December at 8pm; and Saturday 21 December at 2:30, 4, and 6pm.** Each performance lasts approximately 1 hour.

To make this magical experience accessible to all, **relaxed versions of the performances are taking place on Saturday 14 December and Saturday 21 December at 12pm.** These sessions are adapted for people requiring a more relaxed environment, including those with learning difficulties, autism, or sensory communication disorders. For those using mobility scooters or wheelchairs, these performances are set on a single level.

Tickets are £17.50, or £15 for museum members, including entry to the museum following daytime performances. Suitable for ages 12+. Tickets are available via the museum's website: <https://foodmuseum.org.uk/events/a-christmas-carol/>

Find out more at foodmuseum.org.uk.

GIPPING PRESS

Merry Christmas
from the Gipping Press Team

Tel: 01449 721599 | Email: enquiries@gippingpress.co.uk
www.gippingpress.co.uk

FREEMAN COMMUNITY PRIMARY SCHOOL



We are delighted to have achieved the Gold School Games Mark for 2023.24. This is a government-led award scheme, facilitated by the Youth Sport Trust to reward schools for their commitment to the development of competition across the school and into the community.

Sporting Opportunities

Children in Years 5 and 6 recently took part in a tag rugby festival at Stowmarket Rugby Club, organised by Suffolk School Games. The children demonstrated great enthusiasm and teamwork skills and were a credit to the school.



Children in Years 3 and 4 represented the school at an U9s football tournament. They played really well and showed excellent sportsmanship! Congratulations to everyone involved.



Forest Schools

A huge thank you to the Stowupland Biodiversity Group for growing and donating pumpkins to the children for a Halloween-themed afternoon in Forest School. Don also donated 2 hedgehog houses and discussed where to put them. During another session, the children had great fun exploring the beautiful autumn leaves, making patterns with various colours and a huge leaf pile.



Children in Year 3 also made a stunning mandala using fallen leaves found in the playground. Traditionally, a mandala is a geometric design or pattern that represents the deities in various heavenly worlds.



Year 6 Residential

In preparation for their visit to Bawdsey Manor, pupils in Year 6 planned the route that the bus might take to get there. They used their skills in using a compass, 6-figure grid references, measuring the route as the crow flies and by road to write instructions on how to get to Woodbridge.

The children were away from Monday to Friday, during which they participated in a wide range of adventure activities including trapeze, problem solving, zip wire, fencing, raft building, archery and rifle shooting. Our school values were reflected in their achievements as they all showed great resilience, independence, curiosity, leadership and empathy, developing teamwork, stronger friendships and respect for each other.



Staff at Bawdsey said how happy they were to have led each group and, having reflected on their week away, the children said it was *the best experience ever and a memory for life!*

'From tiny acorns do mighty oaks grow'



UPWARDLY MOBILE!

Look out for the mobile library in Stowupland.

Did you know that the mobile library, run by Suffolk Libraries, visits Stowupland every four weeks? You may have seen it passing through the area but may not realise how easy it is to access and use the service.

The mobile library stops at Jubilee Court 9:30am – 9:50am and The Green 9:55am – 10:15am every four weeks and will next be visiting on 21st January, 2025. Timetables for 2025 will be available on board and on our website soon.

If you've not already got a library card it's free and easy to get one and you can join Suffolk Libraries next time it visits. You can borrow 20 items for eight weeks at a time and if you're worried you won't find something you like on board, the mobile library manager can help you reserve something from the entire Suffolk Libraries catalogue to collect next time it visits! So, you can pick from nearly a million items, and you're not restricted to what's on board! The mobile vehicles also have lifts to help those with mobility issues to get on board.

For more information go to suffolklibraries.co.uk and check out the Visit pages or contact our customer service team at help@suffolklibraries.co.uk or by calling 01473 351249 between 9am and 5pm from Monday to Friday.

Please do check us out and come aboard next time we're in your area!



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STOWMARKET STRIDERS

Stowmarket Striders' Scenic 7 Welcomes 447 Runners on Remembrance Sunday

Stowmarket Striders Running Club celebrated another successful Scenic 7 race this Remembrance Sunday, attracting 447 participants who enjoyed perfect autumnal race conditions on the 7-mile course.

The local running community came out in full support, with clubs from the area joining in alongside social runners, creating a fun and supportive atmosphere. Congratulations go to Ross McGill (Woodbridge

Shufflers) for taking the top men's spot with a time of 39:07 and Katie King (Saint Edmunds Pacers) for leading the women's finishers with a time of 42:58.

An additional highlight was the charity cake sale, with home bakers whipping up a delicious range of treats, which raised an impressive £719 for the Royal British Legion, adding to the event's charitable impact.

The club extends a huge thank you to all participants, volunteers, supporters, local communities of Onehouse and Harleston, and event sponsors, Mid Suffolk Physiotherapy, who contributed to the day's success.

As an annual fixture, the Scenic 7 continues to be a popular Striders event in the race calendar for those new to running and seasoned runners alike taking part each year. The club is pleased to be able to host such an event and to play such an active role in the local Mid-Suffolk community.

About Stowmarket Striders Running Club: Stowmarket Striders meets year-round on Tuesday and Thursday evenings and holds Sunday morning cross-country sessions during the winter months. The club also organises regular social runs, encouraging members to boost their mental health and well-being through the friendship and fitness benefits of running.

For more details on joining or upcoming events, please visit: stowmarketstriders.org.uk





LOCAL HISTORY GROUP

Greetings for this festive Season from Stowupland Local History Group



Hopefully these festive images will get you in the mood for Christmas shopping. They were scanned from a December 1967 local newspaper advertising two Stowmarket shops. The baubles artwork decorated an advertisement for Gordon Ince which is still trading: whilst the candle was copied from a press advertisement for Le Beverley, which is no more.



As you read this you may still have time to join us for our last meeting of 2024, on **Wednesday December 2nd** (7.30 in the Village Hall).



This is our gift to you, a 'freebie' for members and visitors, so bring a friend. We will merrily welcome a trustee to share his knowledge of some of our local hostleries – **Stowupland's Pubs, Past & Present**. Don't worry he won't be emulating the Singing Postman, but do you know where and when this photo was taken?

December's meeting will commence with a very brief AGM. If you like, bring your own drinks and/or nibbles to sustain you but we will supply biscuits, tea, coffee or water.

Couldn't join us in December then you will have to wait till 2025 for our next talk – i.e **Wednesday, February 5th** when we resume our woodcraft theme. This time we will welcome Ricky Lewis, who combines his interest in Suffolk's Medieval past with his skills in carpentry, to talk about **the restoration of historic timber framed buildings**.



Jerry continues the wood theme with his review of our October meeting. Don't forget you can hear audio versions of his reviews on our website, look for **'Jerry's Jabbas'**: -

A Look at The Women's Timber Corps or "Lumber Jills" by Nicky Reynolds.

In October we looked at the above with Nicky providing a slide show of how it began and an explanation for the nick name "Lumber Jills" - it was a take on "Lumber Jacks." This organisation was formed in 1915 and was required to address a serious shortage of timber for the war effort. With men at the front a call was put out by Lord Selbourne for ladies who could 'swing an axe.' This soon brought in volunteers for tree cutting, sawmill work and drivers for transporting the timber to the mills and out to the users. We were surprised to note that a formal Corps was not set up until April 1918. At this point a uniform was introduced, and a more structured organisation formed.

Figures at the time showed wood was in high demand due to the German U-boats successfully restricting allied shipping imports of wood in 1915. The country needed to produce 80% of all its requirements of hard wood and 95% of soft wood. Work for the Lumber Jills was hard and days long over this period. By November 1918 there were 370 ladies working in the industry, and after the war many stayed on to work in the Forestry Commission, helping with replanting and land management.

Sadly, war came again in 1939, and timber was again in high demand, so by January 1940 the call went out to reform the "Lumber Jills". Much of the structure was revived from the days of WW1. Similar skills were required: axe swinging, driving and sawmills skills. In this area, a camp was set up near Bury St Edmunds with work taking place in the surrounding area. Uniforms were available this time and days were, again, long and hard. Most of the Lumber Jills lived in hatted accommodation with their days beginning at 6 15am, breakfast at 7am, then out on the land to work, usually an eight hour day, with a packed lunch and back in for 1030pm with lights out at 11pm. There were local social highlights with functions around the area, and a number of American bases around East Anglia to visit.

The demand for timber during both major wars was high and the "Women's Timber Corps" played a huge part in the production of timber for the war effort. Again, after the Corps was disbanded in 1946, a lot of the ladies stayed on to work the land for the Forestry Commission. Nicky informed us that the "Women's Timber Corps or "Lumber Jills" were finally recognised in 2000 with a medal struck to recognise their work during both wars and surviving members took part in an Armistice Day march past in London the same year.



Neil thanked Nicky for the very informative talk, and she took part in a Q and A session. Liz as always was on hand with welcome refreshments. If you get the chance, I recommend this talk as Nicky has a good insight into the subject.

Now, returning to Stowupland with a suggestion for a walk back in time, maybe a stroll for Christmas Day afternoon, when traffic noise along the Main Road (A1120) may be less. I still remember how strange the silence of the early days of lockdown seemed.

Whilst we can't recapture the rural sounds and smells of 100 years ago, perhaps we can use the Rev. Leslie Brame's description of his walk along the Main Road to see the village through his eyes. In his manuscript '**As I Remember It**' he described walking from Stowmarket to his home near Barn Cottages. Although many of his memories relate to his life in Stowupland in the 1920s and 30s he did return home for some visits in later years and some of his recollections are possibly from these later visits, so I have added a few notes of explanation. Whether taking a virtual stroll from the comfort of your armchair or wearing out some shoe leather you may find it useful to have our leaflet 'A Brief Look at Stowupland's Heritage' to hand. He starts off from where the Stowupland Road from Stowmarket reached Thorney Green Road, (remembering that the B1115 did not exist, and the lane he used is alongside today's allotments - a track that today leads nowhere but then would have led from Stowmarket to a T-junction with the option of going straight on to Thorney Green Road and The Green or turning right - no housing or other roads, just open fields.)

'We come to a signpost where the Back Road leads to the Back Lane and Gipping, and the Front Road points to Stowupland and Mendlesham. We turn right to get to the Front Road, passing Mill Lane on the right following the road round to the left.'

(Presumably, this Mill Lane is Mill Street, with Elm Farm on the corner. There was no road where the A1120 leaves Stowupland today.)

'Apart from the commons, the whole area is farmland, belonging to the farmers who lived on their land. Along the front road comes the Chapel on the left a bit further on the Boys' Brigade Hut, built during the war years as a 'temporary' wooden structure for army use. It had withstood a great deal of rough usage from both owners '

(The front extension to the chapel has not yet been built. The Boys Brigade had moved their hut from Creeting, but it no longer stands).

'Then on our way we come to Abbotts Farm (Crown Farmhouse) and the Crown Inn with a good forecourt and a few cottages adjoining.



'On the right we pass the cemetery, and on the left an unpretentious village hall, then another group of cottages and the Post Office.'

(The village hall was not built until the 1950s and when Leslie was growing up, he described many social gatherings being held in the Chapel.)

'The Post office 'was not an imposing building' being one room of a cottage, selling newspapers and stationery. Later it developed all the facilities of a P.P. and later still it became the telephone and telegraph centre. The P.O was set well back from the road; on the way to it we passed a small shoemaker's shop, and adjoining it a large open shed called a "travis"; this harked back to the time when that set of buildings was used by a blacksmith, and horses to be shed used to wait in the travis. The forge was at that time on the site of the shoemaker's shop. I suppose that was called progress. Now Mr Reeves was both shoemaker and postman. He did his rounds on a heavy bicycle with large square carrier baskets back and front for letters and parcels. He worked through two deliveries a day, so he was a busy man.

'Next came the church (Church of England of course) standing back in an avenue of yew trees, with the disused graveyards all around it, and its copper steeple, now weathered to green, pointing heavenwards, on a square tower with its one bell.'

(He then left Church Road, turning left),

'Passing through a kissing gate leading to an avenue of lime trees, leading to a footbridge and a meadow behind the church and the school. Then we pass the wide gate opening onto the school yard playground, and the elementary school standing well back, with the headmaster's house adjoining. We are now in Church Walk which takes us up a rise to the hamlet where our family lived. Our family home had as its postal address No1 Church Walk, but it has changed now to No.3 Church Road, to co-ordinate with modern building and traffic developments.

(Leslie tells us that the group of houses where he was brought up were referred to as a hamlet).

'All the cottages in the hamlet, fifteen in all, were originally "tied cottages," which meant they were built for workers at the hall farm, a little further along the road. The Hall was, I suppose, originally a kind of manor House, but it was not acknowledged as such in my parents days. The owner of the Hall was Thomas Carter, who therefore became landlord to the inhabitants of all the tied cottages.

'Today we might call our houses "units," but at the turn of the century they were called houses or cottages. Our family lived in the first of a row of three 'houses' under one roof. They were set back from the road by about a chain, in a row parallel to the road. The fronts and backs of the house were built in brick, but the ends of the block were made in lath and plaster, pebble dashed on the outside. The roofs were slate, and did not need such a high pitch as thatch. Each house had a brick chimney, with three flues in each. All the front doors were fitted with letterboxes, used by the postman, and the paper boy in the 1930s. This block of two-storied houses had iron window frames with casement lights, so paintwork was minimal. The paint of the front doors added a dash of colour, reflecting the wish of the resident of each unit.

'Separated by a wide strip of garden, including Uncle Happy's fowl yard, the next

block of three cottages stood at right angles to the road. A path ran from the road along one side of the block and gave access to the three houses. These were probably older than the other blocks, being built in oak timbering with plaster between the studs. They were two-storied dwellings, with a steeply pitched thatched roof, topped by rather stumpy chimneys and chimney pots. This meant they had only one flue, and consequently just one fireplace in each house.

'Moving along up the footpath by the road, we find a stone wall, running right along the three large garden plots and the next block of three houses, up to a wide carriageway leading to the back of the next two blocks, and continuing up beside the carriageway. That block was the most imposing of all our four blocks, probably because it was the last to be built. It was taller than all the rest, made of red brick and tile roof, with full height on both floors. These houses had sash windows, so the glass panes were larger than those with casement windows. The road sloped gently upwards, so I suppose these houses were at the highest point of the Uplands of Stow, apart from the Hall, which stood on a slightly higher rise.

'Moving on to the last block, we find the wall continued, down the side of the wide cartway, and along the public footpath till we come to a pond, which collected water from two ditches and stood stagnant until the cottagers used it up to water the gardens in dry seasons. This block of six dwellings was set further back than the three and was covered by a long thatched roof with one brick chimney for each house and had weatherboard sides preserved with brown creosote. The windows were casement style, with small leaded panes, giving the cottages a quaint look. They were called the "Barn Cottages," and it was easy to see why. The building was originally a very large barn which had been adapted to make six cottages. The builders had squeezed in an upper storey for bedrooms, all of which had sloping ceilings, making it difficult for adults to stand upright near the windows. Certainly 'quaint' would have better described the barn Cottages than 'comfortable.'

We will leave Leslie and the 1920/30s for now, though maybe return to his memories of Stowupland at some point in the New Year.

Down Memory Lane – my thanks to one of our members for sharing her father's school photo from the 1920s. As well as a very smart looking class of 12 year olds we now have a photo of Mr Bramhall. Something for another time but for now do you remember your school panto's.

These 3 elves - Alex Love, Steven Woods and Tony Calthorpe - took part in Stowupland County Primary School's panto' of 1967. The local press carried a full page coverage on December 22 with 7 photos showing the children who took part. They also carried adverts for the Seasonal Gifts that local shops, such as Scarff's, Gordon Ince, Le Beverley and L.H Juby Ltd had in stock.



Have you seen the dedication to Alex Love over the Bus shelter on the corner of Trinity Walk?

Who walked the paths you walk?

You don't need to 'know' history to join SLHG!

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If you have any queries about Stowupland's past or our meetings,

Please contact Jerry Voden on 01449 703717 or voden@btinternet.com

STOWUPLAND
LOCAL HISTORY
GROUP





U.R.C CHAPEL

NEWS

Minister: Revd Robert Sheard
Telephone 01449 678173

We are now thinking about our Christmas Celebrations within the Chapel and at home. It's hard to believe that it will soon be 2025.

Our Carol Service is on Sunday 15 December at 10.30am. Please come and celebrate with us on this day.

There will not be a coffee morning in December, we recommence in 2025 with a coffee morning on 31 January 10am to 12noon and then the last Friday of the month until November.

No service at the Chapel on Christmas Day. On Sunday 19 January 2025 Holy Trinity will join with us for a United Service for the week of prayer for Christian Unity at the Chapel. This service starts at 10.30am.

Services continue to be held at the URC Chapel, Church Road, Stowupland each Sunday at 10.30am and you are all cordially invited to join us in worship. A warm welcome awaits you.

The Speakers for December & January are as follows:

- 01 December William Glasse
- 08 December Revd Richard Edwards
- 15 December Revd Mary Playford (Carol Service)
- 22 December Alison Fenning
- 29 December Rev Norman Tharby
- 05 January Stephen Horrex
- 12 January Revd Norman Tharby
- 19 January Revd Norman Tharby **United Service** at the Chapel with **Holy Trinity Church for the week of prayer for Christian Unity at 10.30am**
- 26 January Rev Norman Tharby

Wishing you all a very Happy Christmas and a Healthy and Happy New Year.

Joyce Gardiner

Elders Message

Luke 2: 9

"An angel of the Lord appeared to them and the glory of the Lord shone around them."

Since the days of Moses, people and prophets have talked about the 'Glory of the Lord.' Isaiah said "The glory of the Lord will be revealed, and all people will see it together.

And so, it was on the night our Lord Jesus Christ was born. Shepherds were out in the fields keeping watch over their flocks at night when an angel of the Lord appeared to them and the Glory of the Lord was revealed to them. Here the words of prophets and psalmists came true as people did see the Glory of the Lord.

For on this night, the Glory of the Lord came to ordinary working people whilst they were going about their normal business. This reveals to us that through the love of God, his glory is out there in our everyday world for all of us to see.

It is not hidden in some special Temple, nor does it require special religious ceremonies. No, the Glory of the Lord is around us and will shine on us.

For us who now love and serve our Lord Jesus Christ, his birth in Bethlehem has opened our eyes to the true nature of God, which is love. The blindfold or veil has been removed so that we can see clearly, we can feel the presence of God with us always, we can see his authority, his power, his love, his caring, his wisdom and his magnitude surrounding us in our ordinary, everyday lives.

May the Glory of the Lord be with you, with your families, friends and with everyone this Christmas time and may it remain with us all throughout the coming New Year.

May God bless us all.

Keith Scarff (Elder Stowmarket URC)



COFFEE MORNING

Friday 31st January 2025

Stowupland URC Chapel

10am – 12noon

Coffee, Tea and Cakes

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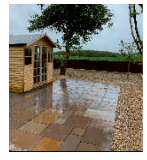
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HOLY TRINITY CHURCH

NEWS

HOLY TRINITY CHURCH
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Rector: In Vacancy
Curate: Revd Alison Roberts Tel. 613037
Churchwardens: Mrs Ann Doubtfire Tel. 770363
Mrs Sue Hayter Tel. 613710

New Beginnings

How did we get to December 2024, it only seems a few weeks ago that we were celebrating the 1st of January 2024?

At the beginning of December, we celebrate Advent Sunday which is the beginning of the church's new year.

Your advent calendar might be hanging in the kitchen or on the back of your bedroom door. Just WAITING to be opened. But Advent is far more than just ripping open tiny cardboard doors to get a sneaky mini chocolate or other exciting treat before you go off to school or work.

Advent is an important part of the Christian calendar. It means 'coming' and it's the period before Christmas which celebrates the birth of Jesus. It is all about preparing for Christmas.

Christianity focuses on the life and teachings of Jesus Christ and Christmas celebrates Jesus' birth - so the Advent period reminds us to remember and prepare for those celebrations. Services will take place; carols will be sung, and Nativity plays, and Christmas shows will be performed in schools and churches across the Benefice.

Many Advent customs involve counting down the days until Christmas begins. In our churches we have an advent wreath with five candles, one for each of the four Sundays leading up to Christmas Day and one for Christmas Day itself. Sometimes people will have their own Advent candle which they'll burn at home. This burns down gradually as each day passes toward the big day itself. While others look ahead to Christmas by having an advent calendar.

Following on from Christmas and all the celebrations we will then move on to January 2025 with all the fun and festivities that that will bring. I wonder what the new year has in store for you?

You will see from our schedule of services that there is a lot going on over the next few weeks, please check on service times as they may be different from the usual. We look forward to welcoming you to one or more of the many events that the church is involved with over Christmas and the new year.

For some this may be a difficult time, if you would like a home visit then please do get in touch with me and I can organise a visit with someone from the church. Also, if you would like Home Communion, we can offer this to you as well.

I would like to wish you all a very Blessed Christmas and a Peaceful New Year.

God Bless, Revd. Alison Roberts (Curate for the Benefice of Haughley with Wetherden & Stowepland)

Services In December

Date	Stowupland	Haughley	Wetherden
1st December Advent Sunday	9.30am – Communion	4pm – Christingle	11am – Morning Worship
8 th December – 2 nd Sunday in Advent	4pm – Christingle	11am – Benefice Communion	6.30pm – Carol Service
Monday 9 th December	11am – Carols at Steeple View	2pm – Carols at Mere View	
15 th December 3 rd Sunday in Advent	11am – Benefice Communion	4pm Carol Service	4pm Christingle
22 nd December 4 th Sunday in Advent	6.30pm – Carol Service	9.30am – Said Communion from the Book of Common Prayer (BCP)	11am – Benefice Communion
24 th December – Christmas Eve	4pm – Crib Service	4pm – Nativity production	11.30pm Midnight Benefice Communion
25 th December – Christmas Day	11am – Christmas Family Communion service	11am – Christmas Family communion service	11am – Christmas Day Family service
29 th December	11am – Benefice Communion		

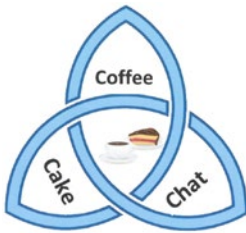
Services In January

5th January 2025	9.30am – Communion	11am – Sunday Praise	11am Morning Worship
12 th January	9.30am- Worship for all	11am – Communion	11am – Morning service
Monday 13 th January	11am Songs of Praise at Steeple View	2pm Songs of Praise at Mere View	
Tuesday 14 th January		5pm – Pizza	
19 th January	10.30am service at the URC for the Week for Christian Unity	11am – URC/ Anglican service	11am – Worship for all
26 th January	6.30pm – Evening service	9.30am – Said Communion from the Book of Common Prayer (BCP)	11am - Communion

A PRAYER: Lord Jesus Christ, who in the offerings of the wise men received an earnest expression of the worship of the nations: Grant that your Church may never cease to proclaim the good news of your love, that all peoples may come to worship you as their Saviour and King, who lives and reigns world without end. Amen

FOOD BANK BOX: If you would like to donate items for the Food Bank to help those in need of a helping hand, there is a box at the back of the church for you to leave your items. The church is open during service times and on the 3rd Saturday morning each month to accept donations. Thank you!

CHURCH HALL HIRE: Please remember that the well-appointed Church Hall is available for hire at reasonable rates and would be ideal for children's parties and small groups/meetings. For more information, please contact Sue Hayter on 01449 613710. Thank you.



COME AND JOIN US FOR

Stowupland Church Hall

Saturday 18th January 2025 10-12

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Everyone is welcome



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TOOLS WITH A MISSION

I'm a local collector of unwanted tools for a charity known as Tools With A Mission (TWAM), which is based in Ipswich. I've been doing this for around 20 years now and I get calls from all around the Stowmarket area. Sometimes it's someone wishing to donate a sewing machine, DIY equipment or gardening tools that they no longer use; on other occasions I have been asked to arrange collection of a shed full of tools, everything from bench-mounted lathes to sets of spanners, chisels and screwdrivers. Tools need to be in usable condition; new handles can be fitted to rakes, hoes, forks, spades and all sorts of hand tools; and saws and chisels can be sharpened.

There are collectors all over the country; many of the tools are brought to the refurbishment centre in Ipswich, where they are prepared for sending out to third world countries, usually in eastern or central Africa, where people are trained in a skill such as carpentry, plumbing, motor mechanics, building, agriculture, sewing and needlework.

When ready to send abroad, tools are loaded into shipping containers and transported to an east African port where they are handed over to a local TWAM representative who arranges delivery to TWAM projects, many across central Africa.

Good, fairly recent, textbooks in key subjects, bibles and children's and adult's reading books of good quality are also sent abroad for schools and libraries. Materials for making clothes and knitting wool are gratefully received. If you have any you could donate, please let me know.

I store everything that has been donated in our garage until there is enough for a TWAM van to come and collect. Please give me a ring (673185) if you think you have something which you wish to donate, and we can arrange a drop off at 2 Rambler Cottage.

Keith Welham

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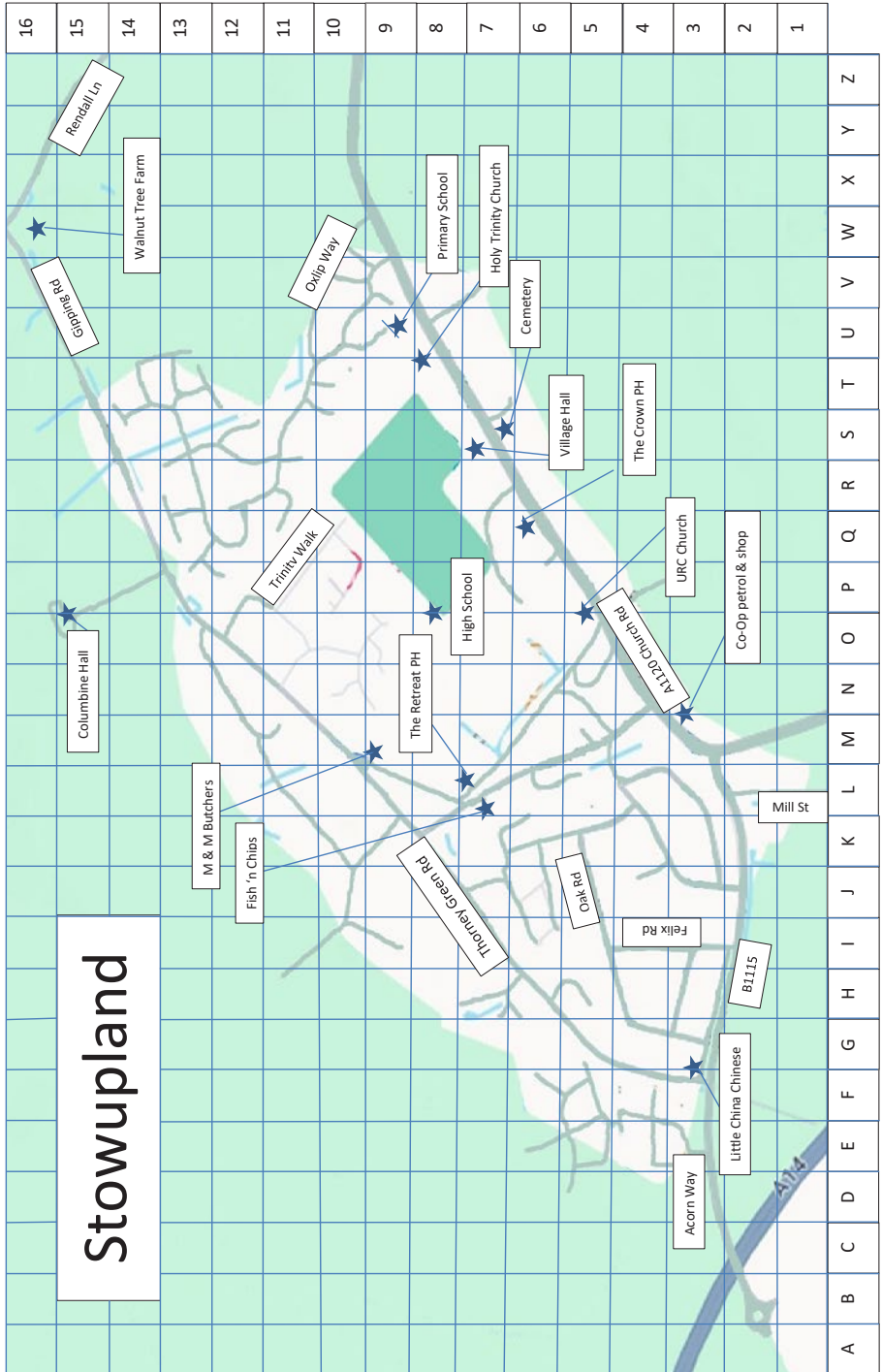
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Editor - Sarah McManus – 07849 506898 - The editor welcomes contributors. Please send all articles and contents to articles4telstar@hotmail.com or write c/o 4 Oak Apple Drive, Oak Farm Meadow, Stowupland, IP14 4FH.

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Diary Dates - Neil Langridge – stowman@stowman.plus.com 01449 616275. To let the village know the date and venue of your event contact Neil to be included in the diary dates.

Distribution Co-Ordinators - Keith and Cathy Welham – 01449 673185. Colin Vickridge and Keith Welham are our proof-readers and Jerry Voden chairs meetings of our team. The entire team are unpaid volunteers.

Telstar is distributed by a team of volunteers who deliver the magazine to over 1,250 homes in Stowupland. The magazine is produced every month, with the exception of December and January, which is a combined copy that gives our trusty team of volunteers a well-earned Christmas break!

Telstar is funded by grants from Stowupland Parish Council and Mid Suffolk District Council as well as income from business advertisers.

From the Telstar Committee

Please note that the opinions expressed in letters and articles are not necessarily those of the Telstar Committee. We cannot be held responsible for the accuracy of material submitted for publication. We reserve the right to include, edit or amend as we think appropriate. Telstar is produced in good faith but errors or omissions may occur during the process of production. If this is the case, please let us know so that errors may be corrected.

Advertising Disclaimer

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Telstar – for the community, by the community.

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STOWUPLAND WILDFLOWER AND BIODIVERSITY GROUP



Sunflower competition: This was such a success this year so will be repeated in 2025. We already have enough seeds for every household in the village to have some. There will be more details in the Spring, and we plan to include a packet of seeds in Telstar, just as we did this year. Maybe next year we could have two prizes – for the tallest plant and the largest flower.



Funding Bid to Parish Council: The Parish Council has agreed our funding bid of £1050 for 2025/26. Around £600.00 will be needed for cutting the wildflower area in spring and early autumn. We also plan to plant 500 native daffodils and more wildflower seeds. We would also like to plant bulbs and wildflowers in the area at the back of the Retreat Pond, which we have now taken over.

Owl Boxes: These are still not all in place. Once the Parish Council has taken over Thradstones Meadow, we can complete the work. In the meantime, we will be removing a branch from the tree on The Green that holds an owl box to permit better access for owls.

Tree Ambassador Scheme: Two of our members will be working together as tree ambassadors to encourage tree planting and, where appropriate, to approach local landowners to see if they are willing to volunteer areas where trees could be planted.

Household Questionnaire: We are working with the Parish Council to produce a questionnaire to be delivered to every household, seeking views on how a number of issues, including whether there is support for No Mow May on The Green. This would mean that some of the areas on The Green would not be cut during May, allowing buttercups, clover and other plants to flower to provide food for insects and pollen for bees. Residents will be encouraged to give their views on a range of issues and suggest environmental projects they would like to see in the village.

Recent Work: Since the meeting, oxlip plants and wildflower seeds have been planted in the Wildflower Meadow. Work has commenced on trimming back overgrown shrubs at the rear of the Retreat Pond. Pruning of orchard trees at the High School has commenced and more local varieties of fruit trees will be planted as soon as they are delivered. A general tidy up of the garden at Barley Close has commenced, scented bulbs have been planted and raised beds have been repaired. A tall planter will be provided in due course.



Get Involved: We are keen for more people to get involved, either in our outside work or in planning ahead. We will be continuing to work around the Retreat Pond in the spring and preparing the wildflower meadow. Our next planning meeting will be on Monday 10th February 2025 at 7.30 in the URC meeting room. Everyone with an interest in biodiversity is welcome, or just come along to find out what we plan to do.

Keith Welham 01449 673185 or keithwelham48@aol.com

MERRE-USE

Last year's tree
or a tree in a pot



MERRE-DUCE

Clean plates,
No food waste!

MERRE-FILL



soaps and
liquids

**MerREY
Christmas
Everyone**

MERRE-USE

favourite
decorations



MERRE-CYCLE

Cards and wrapping



MERRE-DUCE

avoid Plastic and
choose wood, glass, paper
and metal



MERRE-PAIR THE EARTH

Christmas



Quiz



NIGHT

STOWUPLAND VILLAGE HALL

FRIDAY 13th DECEMBER

Doors open 7.00 pm

Quiz starts 7.30 pm

£3 Per Person - Teams of up to 6 people

Extra points for teams with Christmas attire and a prize for the most imaginative (totally at the discretion of your Telstar editor!)

Village Hall bar will be open for drinks

Bring your own nibbles

To enter a team please ring Keith on 01449 673185

A Stowupland Community Event brought to you by the Telstar Team